

In Need of More Sleep

Pre-reading

Questions:

- Why is sleep important?
- What happens if you get too little sleep?
- How many hours do you sleep each day?



www.cdc.gov image

Definitions:

- Tuck – to wrap snugly
- Caffeine – a substance that makes the body more active

Reading

18 Pam is busy. She works two jobs six days a week. Plus, she is the mom of two
18 young children. She drinks a lot of coffee. It helps her stay awake.

31 After work, Pam cooks dinner for herself and her children. Then she tucks her
45 kids into bed. She goes to bed too, but cannot get to sleep. She tosses and turns.
62 She only gets about four hours of sleep each night.

72 In the morning Pam is tired. She is **short** with her kids. She often thinks, “I
88 need more sleep. I want to be a kind mom. I want to feel good. I need more sleep.”

107 Pam looks to the Internet for help. She finds a good website with these sleep
122 tips: do not use caffeine; take a walk; stretch; read a book; take deep breaths. Pam
138 plans to try them this week.

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Understanding

1. Why is Pam busy? _____

2. What does the word **short** mean in this story? _____

3. What does Pam want more of? Why? _____

4. Where does Pam find help? _____

5. What tips might Pam try? (List at least two.) _____

Writing

Option A: Write the story in your own words.

Option B: Do feel that you get enough sleep? Why or why not? What helps you get a good night's sleep?
